

## CLAIMS

What is claimed is:

1. An exercising device comprising:  
a low impact cushioned, resilient surface;  
a fixed structure adjacent the low impact cushioned, resilient surface;  
a resistive element having a first end coupled to the fixed structure; and  
a harness coupled to a second end of the resistive element.
2. The exercising device of claim 1 wherein said resilient surface comprises:  
a frame;  
a panel surface disposed within said frame; and  
a connection structure interposed between said elastic surface and said frame which  
interconnects said frame to said elastic surface.
3. The exercising device of claim 2 wherein said connection structure comprises at  
least one elastic member.
4. The exercising device of claim 3 wherein said elastic member is connected to said  
frame on a first end thereof and is further connected to said panel surface on a second end  
thereof.
5. The exercising device of claim 2 wherein said panel surface is fabricated from a  
material having elastic characteristics.
6. The exercising device of claim 2 wherein said frame is interconnected to said  
fixed structure.

7. The exercising device of claim 1 wherein said resistive element is an elastic member.
8. The exercising device of claim 1 wherein said resilient surface is interconnected to said fixed structure.
9. The exercising device of claim 1 wherein said resistive element is coupled to said fixed structure at a location which is elevationally above said resilient surface.
10. The exercising device of claim 1 wherein said fixed structure is fitted with a plurality of connection elements adapted to secure said resistive element to said fixed structure.
11. The exercising device of claim 10 wherein said plurality of connection elements are disposed spacedly from one another over a height of said fixed structure to provide a variety of connection locations along said height of said fixed structure.
12. The exercising device of claim 10 wherein said plurality of connection elements are disposed spacedly from one another over a width of said fixed structure to provide a variety of connection locations along said width of said fixed structure.
13. The exercising device of claim 10 wherein a first plurality of connection elements are disposed spacedly from one another over a width of said fixed structure to provide a variety of connection locations along said width of said fixed structure and a second plurality of connection elements are disposed spacedly from one another over a height of said fixed structure to provide a variety of connection locations along said height of said fixed structure.
14. The exercising device of claim 10 wherein said resistive element includes a plurality of resistive members.

15. The exercising device of claim 14 wherein each said resistive member is connected to said fixed structure at a respective connection location.

16. The exercising device of claim 14 wherein at least two said resistive members share a common connection location.

17. The exercising device of claim 14 wherein at least one said resistive member is connected to said fixed structure at a location which is elevationally lower than a second resistive member connected to said fixed structure.

19. The exercising device of claim 14 wherein at least two said resistive members are connected to said fixed structure at substantially the same elevation.